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50 DELICIOUS
SALMON RECIPES

Karen Gant



Synopsis

Salmon Recipes : 50 Delicious of Salmon Recipes (Salmon Recipes, How To Cook Salmon, Salmon Cookbook, Making Salmon, Salmon cookbooks) (Karen Gant Recipes Cookbook 1) Salmon is used really often in the diet of many people worldwide. There are many reasons why many people decide to consume salmon. Salmon is considered to be a really healthy ingredient because it consists of a lot of proteins and healthy fats and also vitamin D. It does not consist of carbohydrates. Salmon is usually consumed for dinner or lunch, but there are also some delicious recipes which include salmon meat for breakfast. The term salmon has a Latin origin. It comes from the Latin word *salmo* which originate from the word *salire* meaning *to leap*. The color of fresh salmon varies from red to orange although there could be found salmons with white and black skin. The natural colour of salmon results from carotenoid pigments, largely astaxanthin, but also canthaxanthin, in the flesh. Wild salmon get these carotenoids from eating krill and other tiny shellfish. Most of the Atlantic salmon is farmed, but on the other hand the majority of Pacific Salmon is wild and caught. Most of the canned salmon is from the Pacific. Salmon can be found in smoked variant. Smoked salmon is very popular especially in breakfast recipes. It is also used for sandwiches. Some skin of the salmon can be found in the cans with salmon but it is completely harmless. Also some small bones could be found but they also seem to be harmless. Also the bones are useful because they consist of a lot of calcium. Canned salmon without the skin of the salmon and the bones is also available in the stores. Salmon is widely used in the Japanese cuisine because it is the basic ingredient included in some of the types of sushi. Salmon fishing is usually recommended for people who exercise a lot and pay attention to their meals (their meals are usually rich in protein). Many people rely on eating salmon in order to have a healthy life. There are many delicious recipes which include salmon. Despite using salmon as a meal, many people use salmon in order to express their culture, some art forms and ceremonial feasts. Haida nation refers to salmon as *tsiin* and they prepare salmon in many different ways including grilling, smoking, frying, making soups, baking etc. Salmon has become really popular so it has become the main source of income for many fishermen. Salmon is not only consumed by humans. Bears also consume salmon as food. Salmon can be combined with many other vegetables or fruits. There are many different ways how to prepare salmon in order to have a nice and delicious meal. Salmon is usually combined with potatoes, lemons, beans, legumes and many more vegetables or fruits.

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